

**Adapted and Inclusive Recreation (AIR)**  
**Spring 2016 April & May**  
**Adaptive and Inclusive Recreation (AIR)**  
**1300 Heafer Rd. 40223**

**All Adapted and Inclusive Recreation programs are limited in size, so please call or email in advance to reserve your place. If you make a cancellation less than 48 hours before the program you are still responsible for any class fees.**

**SPECIAL EVENTS:**

**Derby Dance**

Date: Sat. April 30,

Time: 10 am- noon

Place: Adaptive and Inclusive Recreation (AIR)

1300 Heafer Rd. 40223

Ages: 16 and older

Fee: \$5 – Call 456-8148 to register, pre-registration required

**Camouflage Dance**

Date: Saturday, May 21

Time: 7 -9 p.m.

Place: Adaptive and Inclusive Recreation (AIR)

1300 Heafer Rd. 40223

Ages: 16 and older

Fee: \$5 – Call 456-8148 to register, pre-registration required

**HEALTH AND WELLNESS**

**Aqua Exercise:**

Date: Thursdays April 14, 21, & 28 May 12, 19 & 26

Time: 1 -2 p.m.

Place: Mary T Meagher Aquatic Center, 201 Reservoir Ave.

Ages: 18 and older

Fee: \$20 per session/ or \$2 per wk.

**Archery 101**

Date: Thursday, April 14, 21, & 28 May 5, 12, 19 & 26

Time: 1-2 p.m.

Place: Adaptive and Inclusive Recreation  
1300 Heafer Rd. 40223  
Ages: 18 and older  
Fee: \$1

### **Healthy Lifestyles: Tips and Strategies to Stay Healthy!**

Date: Mondays, April 11, 18, & 25 May 2, 9, 16, 23, & 30  
Time: 1 -2 p.m.  
Place: Adaptive and Inclusive Recreation (AIR)  
1300 Heafer Rd. 40223  
Ages: 18 and older  
Fee: Free!

### **Low Impact Exercise**

Date: Wednesday, April 13, 20, & 27 May 11, 18, & 25  
Time: 1-2:00 p.m.  
Place: Adaptive and Inclusive Recreation (AIR)  
1300 Heafer Rd. 40223

Ages: 18 and older  
Fee: free

### **Pickle Ball (A mixture of ping pong and tennis! Try it out!)**

Date: Mondays, April 4, 11, 18, & 25 May 2, 9, 16, 23, & 30  
Time: 2-3 p.m.  
Place: Adaptive and Inclusive Recreation (AIR)  
1300 Heafer Rd. 40223  
Ages: 18 and older  
Fee: Free!

### **Open Wheelchair Basketball and Wheelchair basketball practice**

Date: Wednesdays, April 27<sup>th</sup>, May 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>  
Time: 6-8:45 p.m.  
Place: Adaptive and Inclusive Recreation (AIR)  
1300 Heafer Rd. 40223

Ages: 16 and older  
Fee: Free

**Stroke Support**

Date: Wednesday, April 20, May 18

Time: 12 – 1:30 p.m.

Place: Adaptive and Inclusive Recreation (AIR)

1300 Heafer Rd. 40223

Ages: 18 and older

Fee: Free!

Call \$456-8148 for a list of speakers

**Beep Baseball (Great Sport for low or no vision Open to All)**

Date: Wednesdays, May 11, 18, &25

Time: 6:00 – 7:30 p.m.

Place: Adaptive and Inclusive Recreation (AIR)

1300 Heafer Rd. 40223

Ages: 18 and older

Fee: Free!

**JUST FOR FUN****Adult Coloring**

Date: Tuesdays, April 5, 12, 19, & 26 May 3, 10, 17, 24, &31

Time: 6-7pm

Place: Adaptive and Inclusive Recreation (AIR)

1300 Heafer Rd. 40223

Ages: 18 and older

Fee: free

**Original Fun and Games**

Date: Tuesdays, April 5, 12, 19, & 26 May 3, 10, 17, 24, &31

Time: 1:00 – 2:00 p.m.

Place: Adaptive and Inclusive Recreation (AIR)

1300 Heafer Rd. 40223

Ages: 18 and older

Fee: \$1 per week or \$12 for session

Call for list of events

**Bowling Friday**

Date: Fridays, April 1, 15, 22, & 29 May 6, 13, 20, & 27

Time: 10 a.m. - noon

Place: Fern Bowl, 5518 Bardstown Road

Ages: 18 and older

Fee: \$54/session or \$6 per week

### **Card Club**

Date: Mondays, April 11, 18, 25 May 2, 9, 16, 23, & 30

Time: 10-11am

Place: Adaptive and Inclusive Recreation (AIR)

1300 Heafer Rd. 40223

Ages: 16 and older

Fee: Free

### **Cards Connect**

Date: Friday May 13 – Cook-Out

Time: 6:00-8:00 p.m.

Place: Adaptive and Inclusive Recreation (AIR)

1300 Heafer Rd. 40223

Ages: 18 and older

Fee: Free!

### **Girl Talk – Pajama Jam (Doing our Nails and Pizza)**

Date: Thur., April 21

Time: 6- 8 p.m.

Place: Place: Adaptive and Inclusive Recreation (AIR)

1300 Heafer Rd. 40223

Ages: 18 and older

Fee: \$2 per person

### **Girl Talk – Ladies Night Out For Dinner**

Date: Thur., May 19

Time: 6- 8 p.m.

Place: Jason's Deli 410 North Hurstbourne Pkwy,

Ages: 18 and older

Fee: \$12

### **Men's Sport's Club at U of L Baseball**

Date: Tuesday May 17

Time: 6-8:30pm

Place: Jim Patterson Stadium

Ages: 18 and Over

Fees: Call for Ticket Cost and Details

Bring Money for Snacks!

### **Wii Bowling**

Date: Thurs, April 14

Time: 6-7pm

Place: Adaptive and Inclusive Recreation (AIR)

1300 Heafer Rd. 40223

Ages: 18 and older

Fee: free

## **LEARNING AND SPECIAL INTEREST**

### **Best Book Club Ever**

Date: Thursdays, April 14, 21, & 28 May 12, 19 & 26

Time: 3 – 4:30 p.m.

Place: Adaptive and Inclusive Recreation (AIR)

1300 Heafer Rd. 40223

Age: 16 – over

Fee: \$5 per person for sessions

Improve reading and Comprehension Skills during fun and interactive group

Reading sessions for more information or to sign up, call 456-8148

### **Coffee Talk Book Club**

Date: Tue, April 5, 12, 19, & 26 May 3, 10, 17, 24, & 31

Time: 1:30– 3:00 p.m.

Place: Adaptive and Inclusive Recreation (AIR)

1300 Heafer Rd. 40223

Ages: 18 and older

Fee: Cost of the book

Currently Reading the “Magic Strings of Frankie Presto” by Mitch Albon

## **Crafts**

### **Craft: Color Me Pillow Cases**

Date: Tue., April 12

Time: 10:30 – 11:30 a.m. & 12:30-1:30pm

Place: Adaptive and Inclusive Recreation (AIR)

1300 Heafer Rd. 40223

Ages: 18 and older

Fee: \$ per person

**Craft: Color Me Carrying Bag**

Date: Tue., April 19

Time: 10:30 – 11:30 a.m. & 12:30-1:30pm

Place: Adaptive and Inclusive Recreation (AIR)

1300 Heafer Rd. 40223

Ages: 18 and older

Fee: \$ per person

**Craft: 3D Fishbowls**

Date: Tue., April 26

Time: 10:30 – 11:30 a.m. & 12:30-1:30pm

Place: Adaptive and Inclusive Recreation (AIR)

1300 Heafer Rd. 40223

Ages: 18 and older

Fee: \$ per person

**Craft: Derby Hats**

Date: Tue., May 3

Time: 10:30 – 11:30 a.m. & 12:30-1:30pm

Place: Adaptive and Inclusive Recreation (AIR)

1300 Heafer Rd. 40223

Ages: 18 and older

Fee: \$ per person

**Craft: Velvet Art**

Date: Tue., May 10

Time: 10:30 – 11:30 a.m. & 12:30-1:30pm

Place: Adaptive and Inclusive Recreation (AIR)

1300 Heafer Rd. 40223

Ages: 18 and older

Fee: \$ per person

**Craft: Tribal Rain Sticks**

Date: Tue., May 17

Time: 10:30 – 11:30 a.m. & 12:30-1:30pm

Place: Adaptive and Inclusive Recreation (AIR)

1300 Heafer Rd. 40223

Ages: 18 and older

Fee: \$ per person

**Craft: Sunflower Pot Kit**

Date: Tue., May 24

Time: 10:30 – 11:30 a.m. & 12:30-1:30pm

Place: Adaptive and Inclusive Recreation (AIR)

1300 Heafer Rd. 40223

Ages: 18 and older

Fee: \$ per person

**Craft: Tie Dye Journals**

Date: Tue., May 31

Time: 10:30 – 11:30 a.m. & 12:30-1:30pm

Place: Adaptive and Inclusive Recreation (AIR)

1300 Heafer Rd. 40223

Ages: 18 and older

Fee: \$ per person